When your little one is coughing, sneezing or rubbing her eyes, reach for these natural remedies that doctors rely on when their own children are suffering from seasonal allergies.

**FOR CONGESTION**

Sweet ginger tea

“I treat my kids, in part, with a double dose of honey and fresh ginger tea when they complain of a stuffy nose,” says mother-of-three Carly Snyder, M.D., a reproductive and perinatal psychiatrist in New York City. “They take 1 Tbs. of honey in the morning, then I add 1 tsp. to a cup of hot tea, along with 1 tsp. of fresh ginger and a splash of lemon.” Honey bolsters the immune system and tamps down inflammation, ginger works as an anti-inflammatory, decongestant and antihistamine and lemon adds flavor. “The kids like it and feel less congested right away,” says Dr. Snyder, who doles out the honey and tea every day throughout allergy season to help keep symptoms at bay.

**FOR ITCHY SKIN**

Quercetin

“When my kids get itchy skin this time of year—or even runny noses or watery eyes—I give them quercetin, a natural antihistamine and anti-inflammatory supplement,” says mother-of-two Taz Bhatia, M.D., an integrative health physician and author of *Super Woman RX*. The dose she recommends: 250 mg. four times daily for two days. The phytochemical has been shown to block the release of 96% of itch-triggering histamines throughout the body. “It does the trick,” says Dr. Bhatia. Her preferred pick: D-hist Jr. quercetin by Orthomolecular. It contains bromelain (an enzyme derived from pineapple), and research shows that quercetin works better when paired with bromelain.

**FOR ALLERGY EYES**

Cucumbers *this way*

“I always keep cucumbers in the fridge during allergy season to help with my boys’ puffy, itchy eyes,” says Rhonda Q. Klein, M.D., a dermatologist in Westport, Connecticut, and a mother of four. She has the kids squeeze a sterile saline solution in their eyes—like they would eye drops—to flush allergens. Then she places ¼”-thick chilled cucumber rounds over their closed eyes for five to 10 minutes. “The kids relax and pretend they’re at the spa, and they feel better almost instantly,” says Dr. Klein. The cold calms irritation, while cucumbers work as an anti-inflammatory. “They also contain ascorbic and caffeic acids, which slow water retention to de-puff swollen eyes,” says Dr. Klein.